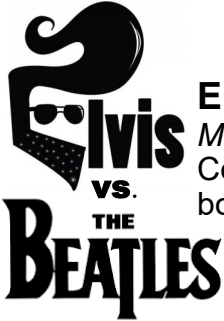


July 2019

Carver Council on Aging



Elvis vs. Beatles SINGO

Monday, July 1st at 12:00 noon
Come play and listen to the music of both, Elvis, the American King of Rock versus the Beatles, Britain's Fab Four. Which is your favorite?

Adult Coloring Pinwheel Craft

Wednesday, July 3rd
at 9:30 am.

Color, then assemble this decorative pinwheel to catch a breeze on a warm summer's day.

Register with Connie at
508-866-4698 x3.



Selectman Mark Townsend Office Hours

Wednesday, July 10th from 10:00 am - 11:00 am.
Mark will be making himself available to answer questions and address any concerns you may have.

What's Inside for July

Annual BBQ Luncheon

Wednesday,
July 17th at
11:30 am



Entertainment

will be provided by "Yesterday's Country Band" featuring vintage country and western music. Carver's Finest will be grilling up burgers and hot dogs with all the fixings! Classic barbecue sides will include potato salad, pasta salad, corn, baked beans and watermelon.

Tickets are \$5 each and will be for sale in the Nutrition Center starting Monday, July 1st.

Pick up your tickets early since they sell out fast!

GATRA Bus Trip to Buttonwood Zoo

Friday, July 26th, 9 am - 3 pm. **Cost: \$13** (\$8 admission + \$5 transportation). Lunch is on your own at a local restaurant. Reserve your spot at **508-866-4698 x3.** Space is lim-

Carver Lions Club & Friends of the Council on Aging Charity Golf Tournament



Sunday, August 4th,
Squirrel Run Golf Course, Plymouth

\$85.00 per person includes green fees, golf carts & meal.

Registration begins at 8:00 am - Shotgun start @ 9:00 am SHARP.



For more information about participation and/or sponsorship please contact either Ron Clarke - ronclarke17@gmail.com or Madeline Joyce - madjoy42@comcast.net

COUNCIL ON AGING

Monday - Thursday
9 AM-3 PM
Friday 9 AM-12PM
48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Carole Julius
Monday-Thursday
9 AM-12 PM
508-866-4698
cjulius@sailsinc.org

BOARD OF DIRECTORS

Colleen Preston-Chair
Donna Marie Forand-Vice Chair
Helen Marrone-Secretary
Alan Germaine
Betty Sullivan

FRIENDS OF THE CARVER COA

Ron Clarke
Vice President
Madeline Joyce
Secretary/Treasurer

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please consider other passengers and limit the number of shopping bags on shopping trips

SCHEDULE

MONDAYS 9AM—2PM "Around Town" errands

TUESDAYS & THURSDAYS Medical Appointments

WEDNESDAYS Supermarkets

WALMART Plymouth - 1st & 3rd AM

SHAW'S Carver - 2nd AM

***STOP 'N' SHOP** Plymouth - 4th AM

MARKET BASKET Plymouth - Every PM

**4th Wednesday morning destination subject to change.*

FRIDAYS SHAW'S Carver - AM

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is \$1.75 each way. A book of 10 passes can be purchased for \$15. A book of passes makes a great gift for any senior in your life that needs transportation!

How do I schedule a ride?

Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

LOAN CLOSET

The COA maintains a "loan closet" for your use and benefit. Canes, walkers, crutches, commodes, wheelchairs and more are available for you to borrow at no charge.

COPIES

The COA will make FREE copies for seniors. Ask a staff member during our regular hours to use this service.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406.

LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors by appointment only, for free legal advice and counseling. Fifteen minute appointments are available for the second Thursday of each month, starting at 10:00 am. **For July, it will be on the third Thursday, July 18th.** Call 508-866-4698 x 3.

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is available for rent on nights and weekends when it's not in use by the COA. The cost for Carver residents is \$75 for 4 hours of use without the kitchen and \$100 for 4 hours of use with the kitchen. Call the COA office at 508-866-4698 x 4 for more information or to book a party.

FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome! Annual membership fee is \$5. Please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.

SENATOR PACHECO

Offices Hours at the Carver Town Hall on the 3rd Monday of every month 1-2 pm. Drop in or call 508-822-3000 or 617-722-1551 to schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at 508-295-5999 for Town Hall Office Hours or to schedule an appointment.

WELLNESS CLINIC - "ASK THE NURSE"

A nurse from the Visiting Nurse Association of Cape Cod, is here every Tuesday from 10 AM – 11:30 AM offering FREE blood pressure screenings and 1-on-1 consultations. Glucose & cholesterol screenings offered on the first Tuesday of each month (**for July, this will be on the SECOND Tuesday, July 9th.**). This service is sponsored by the Carver Board of Health. *Walk-ins are always welcome!*

If you are worried about your drinking, or if others are worried about your drinking, Alcoholics Anonymous has a solution.

For online AA meetings and 24 hr. chat support: www.aa-intergroup.org. For more information: www.aa.org.

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call 508-866-4698 x3 to make an appointment.

WELCOME WEDNESDAYS (first Wednesday of each month)

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Judy Murphy

Outreach Worker

Mon., Tues. & Fri.

9 AM - 2 PM

508-866-4698 x 2

ACTIVITIES

Connie Kelly

Activities Coordinator

Tues., Wed. & Thurs.

9 AM - 3 PM

508-866-4698 x 3

ckelly@sailsinc.org

NUTRITION CENTER

Dawn Padovani

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:45

WEEKLY ACTIVITIES

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 PM. Call to register at **508-866-4698 x3**.

BACKGAMMON

Fridays at 10:00 AM

Experienced and novice players are welcome. Come play on the new hand painted game table courtesy of the artistic talents of Pamela Welch!

BASKET WEAVING with Patty Batson. 1st & 3rd Tuesdays as well as the corresponding Fridays at 9:30 AM. \$25/2 week project. Register at **508-866-4698 x3**.

BINGO

Thursdays at 12:30 PM. \$5 for a standard pack of 10 games. \$1 for coverall and \$1 for 50/50 coverall

CHAIR YOGA with Maggie Lunevitz. Mondays - 10 AM. \$5/class. Call to register at **508-866-4698 x3**.

CRIBBAGE Tuesdays at 12 PM. Join some avid players for a few rounds of the game. *Drop in.*

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1 PM. Call to register at **508-866-4698 x3**.

RUMMIKUB / SKIP BO Wed.- 12 PM
New and experienced players for either or both games are welcome. *Drop in. (No games on 7/17)*

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 AM meet Police Chief, Marc Duphily, who will listen to any questions or concerns and will also collect any expired or unused prescription drugs.

SINGO with Jim the DJ Guy on the first Monday of the month - 12 PM. *Drop in.*

FOOT CARE CLINIC 20 - 30 minute appointments on the first Thursday of the month for nail cutting, smoothing calluses and corns plus foot massage for **\$29**. Call for an appointment at

508-866-4698 x3.

WHAT'S HAPPENING THIS MONTH

ADULT COLORING PINWHEEL CRAFT

Wednesday, July 3rd at 9:30 AM Call Connie at **508-866-4698 x3** to register.

MARK TOWNSEND OFFICE

HOURS Wednesday, July 10th From 10:00 am - 11:00 am

ANNUAL BBQ LUNCHEON

Wednesday, July 17th at 11:45 am
\$5 tickets go on sale in the Nutrition Center on Monday, July 1st.



CLASSROOM COURSE

Wednesday, July 24th, 9:45 am - 3:00 pm

Learn proven safety strategies to maintain your confidence behind the wheel. Please arrive before 9:45 am to fill out class certificate. There will also be a lunch break. **Cost: \$15** for AARP members or **\$20** for non-members. Call Connie to register at **508-866-4698 x3**.

GATRA BUS TRIP TO BUTTONWOOD PARK ZOO

Friday, July 26th, 9:00 am - 3:00 pm
Cost: \$13

(\$8 admission + \$5 bus)
Join us for a visit to the 12th oldest zoo in the U.S. located in nearby New Bedford. See more than 50 endangered and threatened species in habitats mirroring their natural environments. Lunch will be on your own at a nearby restaurant. Please call **508-866-4698 x3** to reserve a spot. *Seating is limited.*



WATERMELON WEDGE PAINTING

Wednesday, July 31st, 9:30 am

Create this fun pop art painting that captures all the flavor of summer!

Call Connie to register at **508-866-4698 x3**.



COA Board of Directors has Alternate Positions Open

Two alternate positions are available on the COA Board of Directors. Alternates attend regular meetings of the COA Board once per month. They may speak and participate in meetings like a full board member but only vote in the absence of a quorum. Applications can be submitted to COA Director,

Coming in August . . .

Carver COA BLOOM Bus Trip
Providence

Riverboat Cruise

Friday, August 9th, 8 am - 5 pm

Cost:

\$60/person



Full payment due with reservation by Thursday, July 25th.

Call Connie at **508-866-4698 x3** for reservations. *Space is Limited!*

Discover the history and points of interest along the Providence River, Riverwalk, Waterplace Park, the Fox Point Hurricane Barrier and the Providence Harbor! Enjoy a famous New England clam chowder & lobster roll* at Hemenway's Restaurant in the afternoon and then head to historic Federal Hill for some shopping and free time before returning home.

**Maine Grass Fed Cheddar Burger or*

FOOD PANTRY

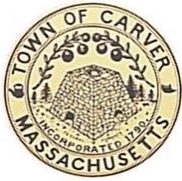
Shane Gives Thanks - 128 Main St.
Tues./Thurs/Fri. - 9am-1:30 pm
Sun. - 9am-11 am
Mon./Wed./Sat. - Closed
Home Delivery to homebound residents.
508-866-7673

MEALS ON WHEELS

The COA provides Meals on Wheels for homebound elders.
Monday - Friday
Daily Cost: \$3.00
Call the Nutrition Center at **508-866-4698 x 4**

SHINE PROGRAM





Health Insurance Counseling
Maureen Drilling
Most Tuesdays 9 - 12
Call for an appointment
508-866-4698 x4



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330

<div>  <h1>2019 JULY</h1>  </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	Chair 1  12:00 noon	2 NO VISITING NURSE Baskets 9:30 Oil Painting 1:00	3 Adult Coloring Pinwheel Craft 9:30	4 	5 Basket Weaving 9:30 Backgammon 10:00	6
7	8 Chair Yoga 10:00	9 Visiting Nurse 10:00-11:30 <i>Glucose Cholesterol</i> Coffee with the Chief 10:30 Oil Painting 1:00	10 Selectman Mark Townsend Office Hours 10-11 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00	11 Footcare Appts. BINGO 12:30	12 Backgammon 10:00	13
14	15 Chair Yoga 10:00	16 Visiting Nurse 10:00-11:30 Baskets 9:30	17 BBQ Luncheon 11:30 am Acrylic Painting 5:00	18 Atty. Hale Appts. BINGO 12:30	19 Basket Weaving 9:30 Backgammon 10:00	20
21	22 Chair Yoga 10:00	23 Visiting Nurse 10:00-11:30 Oil Painting 1:00	24 AARP Save Driver Course 9:45-3:00 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00	25 Providence River Cruise Payment Due Today! BINGO 12:30	26 GATRA Bus Trip Buttonwood Park Zoo 9:00-3:00 Backgammon 10:00	27
28	29 Chair Yoga 10:00	30 Visiting Nurse 10:00-11:30 Oil Painting 1:00	31 Watermelon Painting 9:30 Rummikub / Skip Bo 12:00 Acrylic Painting 5:00	<div> 1 2 3 Coming in August . . . Carver Lions & Friends of the COA Charity Golf Tournament Sunday, August 4th! </div>		